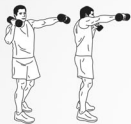


ARMORY+

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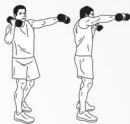
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 punches



10 squats



30 punches



10 squats



30 bicep curls



10 squats



10 push-ups



30-count elbow plank



30-count side plank